

How you, your carer or family member can check for early signs of skin damage The fingertip test.

Fingertip test for checking that skin blanches which is a normal skin reaction.

Skin that does **not** blanch when gently pressed is damaged.

	<p>Step one</p> <p>Discovery of any discoloured area noted</p>
	<p>Step two</p> <p>Use a finger to gently press the discoloured area for a count of 3</p>
	<p>Step 3</p> <p>Remove finger and there should be a blanched (pale) area where the finger was. This is a normal skin reaction. If this DOES NOT happen there is skin damage and the district nurses or GP needs to be informed IMMEDIATELY.</p>

Please note if the skin is **darkly toned** than this test will not work; check instead for areas of **darker tissue** damage and inform district nurses if any concerns